# Please enroll me in this Session:

# Personal Information:

First Name

Last Name

Phone Number

**Due Date** 

I will be attending classes alone.  I will be bringing a guest or significant other.

Remember to bring your pillow

October 3, 10, 17 & 24

25

July 11, 18,

egister or ask any 262-896-8479 to

questions.

2017 Schedule for Childbirth **Education Classes** 

**JANUARY** 3, 10, 17 & 24

※ ※ ※

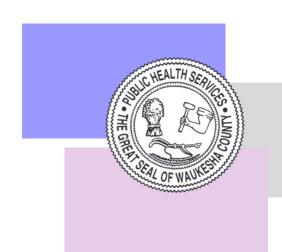
**APRIL** 4, 11, 18 & 25

\* \* \*

**JULY** 11, 18, 25 & 31

\* \* \*

**OCTOBER** 3, 10, 17 & 24



# 2017 Childbirth **Education Classes**

*Preparing for the most* important day in your baby's life!



### **Waukesha County Public Health Division**

(located within the Human Services Center)

**514 Riverview Avenue** 

Waukesha, WI 53188

262-896-8430



24

January 3, 10, 17 &

April 4, 11, 18





Waukesha County's Public Health Division is now offering a series of four Childbirth Education Classes for pregnant women. There is <u>no</u> fee.

Each childbirth can be different. Whether this is your first child or fourth, these classes will help you prepare for the birth of your child.

Each class will focus on a particular topic and include breathing exercises.

Please bring a <u>pillow</u> with you to *each* class.

- The first class will focus on the **stages of labor** and the **birth process**;
- The second class will focus on comfort measures / C-Section info;
- The third class will focus on newborn care;
- And the fourth class will focus on breastfeeding. (Breastfeeding classes are also available in Spanish).

Take comfort

in

KNOWING

When: Classes will take place the

first 4 Tuesdays in January,

April, July\* & October.

\*July classes will take place the second through fourth Tuesdays & Monday, July 31.

**Time:** 12:30 – 2:30 PM

**Place:** Human Services Center

514 Riverview Avenue

Waukesha



Waukesha County

## **Public Health**

A Division of the Department of Health & Human Services



www.waukeshacounty.gov/pregnancy



Please call
262-896-8479 to register or
ask any questions.